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## **Through with Chew Quit Tip Sheet**

### **Tips for Quitting Smokeless Tobacco**

#### **Short Term:**

- Make a list of why you are quitting—review it often.
- Tell all of your friends, relatives, and coworkers that you are going to quit and ask each of them to help you stick to your promise.
- Chew cinnamon gum or chew on a cinnamon stick to eliminate cravings.
- Stay active while you are awake and try to do things that keep your hands busy. If you miss the chew in your mouth, try sugar-free gum and hard candy, or toothpicks.
- Go to places you can't chew (mall, movies, etc.)
- Ask friends and family not to chew in your presence.
- Vary your routine. Do something new. Try out a new restaurant or go hiking and bring a lunch to enjoy at the top of the mountain.

#### **Long Term:**

- Try stress management techniques, like yoga, tai chi, running or meditation to help you reach your goal.
- Keep your determination—even if you have a setback or two.
- Plan an exciting vacation with all the money that you are saving by not buying chew.
- Get enough sleep.
- Participate in activities with people who don't chew.
- Make sure that you get sufficient vitamins.
- **Take it one day at a time.**

(more)

**How to Handle it?**

When you quit chewing or dipping tobacco, you may notice an increased amount of crabbiness or bad nerves. Your body needs time to adjust to not having tobacco. After about 2 weeks, your body will forget about its dependency on tobacco and you will begin to feel better. There will always be times when you feel the need for tobacco because it is such a strong addiction. The key to quitting successfully is to have an action plan and prepare yourself for weak moments.

| <b>SYMPTOM</b>                 | <b>REMEDY</b>  |
|--------------------------------|--|
| <b>Cravings for tobacco</b>    | Distract yourself—go for a walk, call a friend, or start an activity. Realize that cravings only last 2-3 minutes.   |
| <b>Headaches</b>               | Drink more water, you are probably dehydrated.   |
| <b>Trouble sleeping</b>        | Take a walk several hours before bedtime. Don't drink coffee, tea, or soda with caffeine after 6:00 p.m.   |
| <b>Irregularity</b>            | Add fiber to your diet, such as raw fruit, vegetables, and whole grain cereals (Note: do this gradually to allow your body to adjust, and increase fluid intake at the same time). Drink 6-8 glasses of water a day. |
| <b>Fatigue</b>                 | Take a nap. Try not to push yourself during this time; don't expect too much of your body until it's had a chance to begin to heal itself over a couple of weeks.  |
| <b>Hunger</b>                  | Drink water or low-calorie liquids. Eat low-fat, low-calorie snacks. Chew sugar-free gum.  |
| <b>Tenseness, irritability</b> | Take a walk. Soak in a hot bath.   |

**Four D's of Quitting:**

- Delay (2-3 minutes)
- Drink a glass of water
- Deep breathing
- Distraction

**Sources:**

<http://www.cdc.gov/tobacco/how2quit.htm>  
[http://www.smokefree.gov/guide/initial\\_phases.html](http://www.smokefree.gov/guide/initial_phases.html)  
<http://www.surgeongeneral.gov/tobacco/consquits.htm>